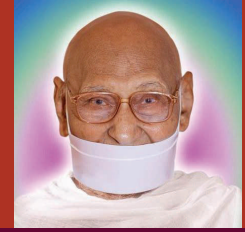




Ahimsa is Protector

Timeless Wisdom...

JVB Preksha Meditation Center Houston



Search Truth Yourself

VOLUME 2, ISSUE 11

NOVEMBER 2008



Akshay Pragayaji



Vinay Pragayaji

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JVB Houston Celebrates Diwali

With great enthusiasm and spiritual vigor, around 200 members of the Jain Vishwa Bharati Center Houston (JVB) celebrated Diwali on 9th Nov at the JVB Center located at 1712 Hwy 6.

Diwali is regarded as one of the most important festival of the Jain calendar. This is the day when Lord Mahavira experienced Nirvana- a state of total happiness and achieved Mukti or liberation.

The Diwali program began with Mahamantra recitation by Samani Akshay Pragayaji followed by meditation by Samani Vanay Pragayaji, and welcome message from the JVB Director Mr. Raman Patel.

The day's cultural program started with prayers by children, followed by "A live meet with Vegetables" - a display and message of vegetarianism delivered by the Gyanshala children portrayed



as vegetables: Tomato, Grain, Carrot, Milk, Apple etc. The message of the display was to become vegetarian and how these vegetables provide us desired level of nutrition in our daily life.

The main attraction of the day was *Peturam*, a hindi drama. The story of the drama surrounded around *Peturam*, an overweight and diabetic person who loves food and sweets. *Peturam* has the habit of over eating, more particularly when the food is free. *Peturam* never listens to his wife's advice. *Peturam* has even neglected his doctor's advice. Finally, one day he falls sick. With humor and fun, the drama transmitted a strong message to the audience to "limit food habits" in our daily life. The drama was highly applauded by the audience.

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Between these items, there were melodious bhajans by Bhavneeta and her group. Samani Akshay Pragyaji gave pravachan on “How & Why to celebrate Diwali”. During the pravachan Samani ji mentioned about 6 forms & qualities of goddess of wealth, Laxmi. These forms and qualities are Health (*Arogya*), Knowledge (*Bodhi*), Peace (*samadhi*), Cool (*Sheetal*), Magnificence (*Tejashwin*) & Sincerity (*Gambhir*).

Samaniji also explained how to achieve these qualities of wealth in our day to day life. Finally, vote of thanks was delivered by Hasmukh Patel. Hasmukh Doshi, the JVB Director gave an update on the construction of JVB’s new center which is being constructed at Schiller Road. The program ended with light lunch and refreshment. The program’s Master of Ceremony was Pramod Bengani.

- By: Kirthi Jain

JVB Center Construction Progress Report

- Construction of about 1,400 linear feet of both 6” water line including Fire Hydrant and 8” Gravity Sanitary sewer line from the City of Houston has been brought to the site.



- Construction of rain water Detention Pond has been constructed, including rain water collection storm sewer lines and inlets. Excavated soil has been used to fill the parking lot.
- Construction of storm sewer culverts in the crossing of Harris County drainage ditch has been constructed.
- Construction of the parking lot and main driveway including lime stabilization and reinforced concrete pavement has been completed. Total of 78 parking spaces will be provided. Total surface area is 24,820 Square feet is constructed which is about 84% of all pavement is completed.

- Construction of under ream footing foundations for the two Storey Main Building is constructed.
- Foundation slab including grade beams, anchor bolts for the building column supports and underground piping for plumbing shall be ready in about a week and steel for the main building will be erected by the beginning of the January 2009.

H.H. (Sam) Doshi, P.E., R.P.L.S.
(Director & Construction committee, JVB Houston)

Donation of the month:

- Surendra Lalita Trehan \$16,000 (total \$21,000)
- Arvind Asha Vira \$5000
- Ramesh Vidula Patel \$5000
- Anonymous \$5000
- Umed Dugar \$2000
- Anudeep Aarti Jain \$3000
- Jayanti Nirmala Shah \$1000
- Devesh Kajal Jain \$1000
- Rakeshwar Tripta Bhasin \$1000
- Texas Concrete Enterprise \$1000
- Nikhil Sachin Jain \$501 (total \$3504)





Tidbits

Mantra to take you to the path of glory

Om Parshvanath hrim Namaha”

- Chant this mantra every day by completing one mala
- Benefit: It helps remove hindrances from your path, disturbances from your life

Test your knowledge about Jain religion

The answers of last month's questions are as follows:

Q. Who are the Arihant Bhagwans?

A. Arihant Bhagwans are kevalis or Jinas who have conquered their inner passions and have destroyed their all four Ghati Karmas.

Q. What are the different types of Arihant Bhagwans?

A. There are two types of Arihant Bhagwans. They are Sidha, or Ordinary Arihants and Tirthankar Arihants.

Q. Who is the Tirthankar Arihants?

A. The Kevalis who establish 4 Tirthas and show them the path for Moksha are known as Tirthankar Arihants..

Congratulations!!! Shrenik Jain for answering last month's questions correctly!!

Questions for this month are:

Q. What is meant by the Jiva?

Q. What does a Jiva obtain by Tapa (Austerity)?

Q. What does Jiva obtain by Svadhyaya (Study)?

Voice of the Omniscient

**ima vijja mahavijja, savvavijjana uttama
jam vijjam sahaittanam, savvadukkhana muccati**

The study of only that science is great and best of all sciences, which frees man from all kinds of miseries.

(Abstract From Jain Agamas)

Calendar of Events:

- ◆ Tuesday 07:00 to 08:00 PM : Yoga & Pranayam to Relieve Stress
- ◆ Wednesday 07:15 to 08.00 PM.: Pranayam & Meditation for Healthy Life & Positive Thinking
08:00 to 09:00 PM : Swadhyaya (on meaning of Pratikraman and Uttradhyaya Sutra)
- ◆ Thursday 09:30 to 11.00 AM.: Yoga and meditation for General Health & Mental Peace.
- ◆ Saturday 09:00 to 10.30 AM.: Yoga and meditation for General Health & Mental Peace.
- ◆ Sunday
- 1. (1st and 3rd) 10:00 to 12:15 AM Children's Gyanshala
- 1. (2nd and 4th) 10:30 to 12:00 AM.: Meditation, Pravachan & Bhajan

Upcoming Events:

- ◆ Preksha Youth Group meeting: Dec 6, Saturday 2:00—4:00 pm
- ◆ Samaniji's visit: Phoenix from Dec 19 to 25.





Seminar on Techniques of Drinking Water and Pyravastu to Energize Your Living



JVB Houston conducted a special seminar on *Technique of drinking water to stay healthy* and *Pyaravastu*. The seminar was presented by Swami Anant Vitrag from Minnesota who has been practicing these techniques for the over 35 years.

During the thought provoking workshop Swamiji mentioned that without food man can survive for more than 8-10 months. Food requirement of the body goes by the habit, and food is not a necessity for the survival. What is necessary for the survival is Air and Water. Nature has given us the gift to live only with Air and Water.

Modern medical science gives us details of what the food consists of - by giving the analysis of ingredients like Vitamin, Protein, Calories, Fiber, Fat, Sugar, Calcium etc. But nobody has tried to analyze what nature has given to us, and has benefited out it. By not using the nature's gift, mankind suffers the modern day diseases like cancer, heart related ailments, diabetes etc.

Water technique is a very simple method, wherein we observe psychological detachment from food and psychological attachment with Air and Water. We need to wait for hunger and once we get hunger we need to drink water, not food. As per the "20 minute rule", we can take small amount food after 20 minutes of drinking water. For human's survival, one handful of food is sufficient; we do not need to eat a lot of food. If we follow this discipline for about 6 months, we can enjoy disease-free life and stay fit & young.

Swamiji also covered the subject of *Pyravastu Technique to energize your living*. Pyravastu is based on the method of harmonizing mind, body and spirit with surroundings. It is basically an energy balancing technique. Pyravastu technique has been developed by Prof. Dr. Jiten Bhatt based on the construction & design of pyramids. By following the Pyravastu, we can avoid all negative energy and bring positive energy into our living place. It also helps to reach better emotional, mental and physical well being.

Swamiji mentioned that upcoming JVB center in Houston is based on the Pyravastu technique, which is unique in nature. Also, this is the first Pyramid meditation hall in USA and 2nd in the whole world.

The program ended with *mangalpath* by Samaniji.

- By: Kirthi Jain

Happy Thanksgiving!!



JVB thanks all patrons, readers and contributors to the news articles of this newsletter, and the volunteers for your outstanding support this year. To commemorate this special festive day, Samayik and Jaap were held at JVB Houston Center in the guidance of Samaniji for the innocent turkeys that are going to be sacrificed on Thanksgiving. Youth group actively participated and did meditation to send positive vibrations of friendliness.

- By JVB Newsdesk

